



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11008, Artichokes, (globe or french), cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:60% Refuse Description: Stem and inedible parts of bracts and flowers

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 artichoke, medium 120g	0.5 cup hearts 84g
Proximates						
Water ¹	g	84.08	1	--	100.90	70.63
Energy	kcal	53	--	--	64	45
Energy	kJ	220	--	--	264	185
Protein ¹	g	2.89	1	--	3.47	2.43
Total lipid (fat) ¹	g	0.34	1	--	0.41	0.29
Ash ¹	g	0.74	1	--	0.89	0.62
Carbohydrate, by difference	g	11.95	--	--	14.34	10.04
Fiber, total dietary	g	5.7	--	--	6.8	4.8
Sugars, total ¹	g	0.99	1	--	1.19	0.83
Sucrose ¹	g	0.73	1	--	0.88	0.61
Glucose (dextrose) ¹	g	0.24	1	--	0.29	0.20
Fructose ¹	g	0.02	1	--	0.02	0.02
Lactose ¹	g	0.00	1	--	0.00	0.00
Maltose ¹	g	0.00	1	--	0.00	0.00
Galactose ¹	g	0.00	1	--	0.00	0.00
Starch ¹	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca ¹	mg	21	1	--	25	18
Iron, Fe ¹	mg	0.61	1	--	0.73	0.51
Magnesium, Mg ¹	mg	42	1	--	50	35

Nutrient	Unit	1			1 artichoke, medium 120g	0.5 cup hearts 84g
		Value Per 100 g	Data points	Std. Error		
Phosphorus, P ¹	mg	73	1	--	88	61
Potassium, K ¹	mg	286	1	--	343	240
Sodium, Na ¹	mg	60	1	--	72	50
Zinc, Zn ¹	mg	0.40	1	--	0.48	0.34
Copper, Cu ¹	mg	0.127	1	--	0.152	0.107
Manganese, Mn ¹	mg	0.225	1	--	0.270	0.189
Selenium, Se ¹	µg	0.2	1	--	0.2	0.2
Vitamins						
Vitamin C, total ascorbic acid ¹	mg	7.4	1	--	8.9	6.2
Thiamin ¹	mg	0.050	1	--	0.060	0.042
Riboflavin ¹	mg	0.089	1	--	0.107	0.075
Niacin ¹	mg	1.110	1	--	1.332	0.932
Pantothenic acid ¹	mg	0.240	1	--	0.288	0.202
Vitamin B-6 ¹	mg	0.081	1	--	0.097	0.068
Folate, total ¹	µg	89	1	--	107	75
Folic acid	µg	0	--	--	0	0
Folate, food	µg	89	1	--	107	75
Folate, DFE	µg	89	--	--	107	75
Choline, total ¹	mg	34.4	--	--	41.3	28.9
Betaine ¹	mg	0.2	1	--	0.2	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	1
Retinol	µg	0	--	--	0	0
Carotene, beta ¹	µg	8	1	--	10	7
Carotene, alpha ¹	µg	0	1	--	0	0
Cryptoxanthin, beta ¹	µg	0	1	--	0	0
Vitamin A, IU	IU	13	--	--	16	11
Lycopene ¹	µg	0	1	--	0	0
Lutein + zeaxanthin ¹	µg	464	1	--	557	390
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.23	0.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00

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		Value Per 100	Data points	Std. Error		
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ¹	µg	14.8	1	--	17.8	12.4
Lipids						
Fatty acids, total saturated	g	0.079	--	--	0.095	0.066
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.004	--	--	0.005	0.003
14:0	g	0.004	--	--	0.005	0.003
16:0	g	0.066	--	--	0.079	0.055
18:0	g	0.006	--	--	0.007	0.005
Fatty acids, total monounsaturated	g	0.011	--	--	0.013	0.009
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.011	--	--	0.013	0.009
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.145	--	--	0.174	0.122
18:2 undifferentiated	g	0.105	--	--	0.126	0.088
18:3 undifferentiated	g	0.038	--	--	0.046	0.032
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

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Flavonoids

Proanthocyanidin

Proanthocyanidin dimers ²	mg	0.0	1	--	0.0	0.0
Proanthocyanidin trimers ²	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 4-6mers ²	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 7-10mers ²	mg	0.0	1	--	0.0	0.0
Proanthocyanidin polymers (>10mers) ²	mg	0.0	1	--	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5h, 2001 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521